Cosmetic surgery
. . . for everyone?

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Some people consider cosmetic surgery no more serious than visiting a spa or a salon. But others say, "I think I'll pass." They're aware that cosmetic surgery is, in fact, surgery, and surgery should never be taken lightly. Fitness editor Dr. Gail Weiss answers readers' questions about cosmetic surgery.

Dear Dr. Weiss:

I'm at my wits' end with my face. I have wrinkles and sun damage. I'm only 30, but I look 50. Do you think a face-lift is an option for me?

Josephine

Dear Josephine:

This popular and effective surgery lifts the face and the neck in one operation. But a face-lift is surgery, and afterwards you will have to stay home for a number of days. It takes time to recover. Before you decide to have a face-lift, ask your dermatologist or a cosmetic surgeon about a chemical peel. A chemical peel removes the top layer of skin and can improve the appearance of the skin without surgery. Compared to surgery, a half-hour visit to your dermatologist would be a piece of cake! Good luck!

Gail Weiss, M.D

Dear Dr. Weiss:

I'm a 24-year-old man who is already losing his hair. Dr. Weiss, I'm looking for a wife, and I'm afraid no woman will want to marry a 25-year-old bald guy. I need some advice.

Calvin

Dear Calvin:

There are several surgical procedures which a cosmetic surgeon can perform to help treat hair loss and restore hair for both men and women. But if that's not practical, remember that some of the world's most attractive men are bald!

Gail Weiss, M.D.

Dear Dr. Weiss:

When I was young, I was a chocoholic. I ate a lot of chocolate, but I never gained any weight. Now that I'm older, I can't eat anything without gaining weight! I've heard that liposuction is the answer to an overweight person's dreams. Is that true?

Dawson

Dear Dawson:

It's true that liposuction can remove fat deposits that don't respond to dieting and exercise, but it's expensive and can be dangerous. It would be a good idea to ask your doctor for some help in dieting first. Then, if you are unsuccessful, be sure to find a surgeon with a lot of experience before deciding on liposuction.

Gail Weiss, M.D.

LIVEWORKSHEETS

A **PARAPHRASE** Find and circle each underlined expression in the article. Then circle the correct word or phrase to complete each statement.

1 If you say I think I'll pass, you mean ("No, thanks" / "That's a great idea").

2 If you are at your wits' end about something, you are (happy / unhappy) about it.

3 It takes time to recover means that you (will / won't) feel better immediately.

4 Something that is a piece of cake is (easy / difficult).

B **UNDERSTAND FROM CONTEXT** With a partner, find these procedures in the Reading and write a definition for each one.

1 liposuction .....

2 hair restoration .....

3 a face-lift .....

4 a chemical peel .....

A - Lift the face and the neck in one operation	**B** - Remove fat deposits that don't respond to dieting and exercising.
C - Remove the top layer of skin	**D** - Treat hair loss and restore hair

LIVEWORKSHEETS